

Growing Healthy Families

BENNINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program
324 Main Street, Suite 2, Bennington, VT 05201 • 1-802-447-6408 or 1-800-637-7347

All activities held at:
Vermont Department
of Health
WIC Office
324 Main Street
Bennington

Breastfeeding basics

1:00–2:00 p.m.

**First Wednesday of each month
December 7, January 4, and
February 1**

Are you planning to nurse? Not quite sure? Join WIC Breastfeeding Peer Counselors and learn how to get a good start in the hospital and early weeks. Light refreshments. Partners, friends, and family members welcome.

Call 447-6411 for more information.

Hula-Hoop games for preschoolers

Friday, January 27; 10:00–11:00 a.m.

It's cold outside and the kids are bored. Join us for Hula-Hoop games and activities — a super motivating and fun way to promote gross motor skills like coordination, endurance, balance, flexibility and strength. Active play is essential to every child's development, health and wellbeing.

Try our Hula-Hoop Bean Bag Toss, Ring Toss, Hula-Hoop Roll, Hula-Hoop Hop and Hula-Hooping.

Call 447-6408 for more information.

Secrets of baby behavior

**Wednesday, January 4
Noon–1:00 p.m.**

It can be hard to know what your newborn baby is trying to communicate to you when he/she can't talk. Understanding your baby can help you feel less stressed and more confident in caring for your newborn. Learn how to recognize hunger cues, sleep patterns, reasons for crying and solutions to common concerns. Dads and grandparents welcome.

For more baby behavior tips, go to www.secretsofbabybehavior.com.

For more information or to preregister, call 447-6411.

Back to work or school and breastfeeding

**Tuesday, February 28
1:00–2:00 p.m.**

Going back to work or school doesn't mean breastfeeding has to end. There are many ways you can make it work for you. Topics include pumping and storing your milk, maintaining a good milk supply, working with your childcare provider and how to talk with your human resource manager, supervisor or student advisor about your needs when returning to work or school. Babies are welcome in class.

Call 447-6411 for more information and to preregister.

All activities are **FREE**
of charge!

